

**EPI Update for Friday, January 7, 2011
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Influenza activity is increasing, three strains circulating**
- **Vaccine preventable diseases**
- **Influenza program change**
- **Healthy Iowans launches new website**
- **CADE website update**

Influenza activity is increasing, three strains circulating

Iowans who have not yet gotten their seasonal influenza shot should do so immediately. Iowa's influenza surveillance system indicates three different strains of flu (all covered by the vaccine) were circulating in Iowa last week. In addition, the number of hospitalizations due to influenza doubled in the last week.

It's not too late to get a flu shot, but without vaccination it will be possible to get the flu three times this year. After illness with one strain of the flu, a person does NOT develop immunity to the other strains. For information about influenza activity in Iowa, go to the weekly influenza report, at www.idph.state.ia.us/adper/iisn.asp. For information about the IDPH "Flu Ends With U" campaign, visit www.idph.state.ia.us/fluendswithu.asp.

Vaccine preventable diseases

One day in May, eight families affected by vaccine preventable diseases gathered in a small studio in New Jersey to share their stories. Each of these stories is now available in a variety of formats and lengths for use by your organization free of charge. View them at www.pkids.org/immunizations/videos.html. These families were not paid for their efforts, nor were they told what to say. They all took the time from their lives to travel to New Jersey and share their stories with the hope that those watching might avoid the pain they've experienced. The following vaccine preventable diseases are included in these stories:

- [Chickenpox \(varicella\)](#)
- [Hepatitis B](#)
- [Hib](#)
- [HPV \(human papillomavirus\)](#)
- [Pneumococcal](#)
- [Rotavirus](#)
- [Shingles](#)
- [Whooping cough \(pertussis\)](#)

Influenza program changes

The influenza program has recently undergone some staffing changes. Meg Harris has moved to another bureau and will now be managing the department's data warehouse.

- For questions about influenza disease or illness, contact CADE at 515-242-5935 for the epidemiologist on-duty.
- For surveillance and data questions, contact Yumei Sun at Yumei.sun@idph.iowa.gov.
- For questions specific to the Influenza Incidence Surveillance Project and viral surveillance, contact Kemi Oni at oluwakemi.oni@idph.iowa.gov.

Healthy Iowans launches new website

A new website has just been launched on the development and use of *Healthy Iowans*, our state's five-year health assessment and health improvement plan. Online at www.idph.state.ia.us/adper/healthy_iowans.asp, the new website includes sections on the background of Healthy Iowans, updates and important announcements, frequently asked questions, and resources for organizations and individuals wishing to help develop health assessment and health improvement plans.

CADE website update

As previously announced, the Center for Acute Disease Epidemiology (CADE) has completed the CADE website update.

Please visit our new website at www.idph.state.ia.us/cade/default.aspx. If you have any questions or encounter any problems, please let us know by calling the Center for Acute Disease Epidemiology at 515-242-5935.

Meeting announcements and training opportunities

None.

Hope everyone has a wonderful 2011! And good luck with those healthy New Year's resolutions!

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